

# Feelings Wheel

Everyone has feelings, and they can change all the time.

It's important to remember that there is no "right" or "wrong" way to feel in different situations.

For each emotion in this *Feelings Wheel*, you can draw pictures of different times and places that you felt a certain way.

For example, you might have felt *Scared* by a large dog. Why not...

- Draw where you felt that fear in your body.
- What color do you think matches how you felt?
- What was happening, and where were you?

